

OCTOBER 2011 - CONGREGATE MEAL MENU

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
3 ITALIAN TOMATO SALAD PASTA W/MEAT SAUCE PARMESAN CHEESE GARNISH GREEN BEANS FRENCH BREAD APPLE SAUCE 1% MILK	4 BEEF VEGETABLE SOUP SMOKED TURKEY BREAST SANDWICH W/SWISS CHEESE WHOLE WHEAT BREAD LETTUCE & TOMATO COLE SLAW PEARS IN GELATIN 1% MILK	5 CRANBERRY JUICE CHICKEN BREAST IN TOMATO PARMESAN SAUCE FETTUCCINI NOODLES MIXED VEGETABLES TUSCAN BEAN SALAD WHEAT BREAD TROPICAL FRUIT 1% MILK	6 APPLE JUICE MEATLOAF W/GRAVY SLICED CARROTS W/DILL MULTIGRAIN ROLL BLUEBERRY/PEAR CRISP 1% MILK	7 TOMATO JUICE SPLIT PEA SOUP TUNA SALAD KAISER ROLL LETTUCE GARNISH FRESH SLICED TOMATOES ROSEY PEARS 1% MILK
10 CLOSED FOR COLUMBUS DAY	11 TOSSED SALAD RANCH DRESSING BAKED ZITI ITALIAN BREAD AUTUMN BLEND VEGGIES ORANGE SECTIONS 1% MILK	12 GRAPE JUICE MEATBALLS IN GRAVY BROWN RICE KALE CORN MUFFIN PINEAPPLE TIDBITS 1% MILK	13 FRUIT PUNCH HEARTY BEEF STEW W/MIXED VEGS AND POTATOES MULTIGRAIN ROLL HOT APPLE CRISP 1% MILK	14 ORANGE JUICE BEEF HOT DOG HOT DOG ROLL MID WEST BAKED BEANS COLE SLAW PEARS 1% MILK
17 CRANBERRY JUICE HOT TURKEY W/GRAVY MASHED POTATOES PEAS COLD FRUIT COMPOTE WHITE BREAD 1% MILK	18 APPLE JUICE BEEF TIPS W/GRAVY BROWN RICE WHEAT BREAD BROCCOLI CASSEROLE SPICED APPLES 1% MILK	19 MEDITERANIAN LENTIL SALAD GRAPE JUICE ROAST PORK LOIN SAUERKRAUT GREEN BEANS MACARONI AND CHEESE DINNER ROLL 1% MILK	20 ***SPECIAL*** FRESH APPLE CIDER STUFFED CHICKEN BREAST W/GRAVY CREAMED PEAS FRESH SEASONAL SQUASH APPLE PIE 1% MILK	21 APPLE JUICE HAM W/GRAVY MASHED SWEET POTATOES BRUSSELS SPROUTS WHEAT BREAD ORANGE SECTIONS 1% MILK
24 GRAPE JUICE THREE BEAN SALAD LASAGNA ROLLETES KALE ITALIAN BREAD PINEAPPLE TIDBITS IN GELATIN 1% MILK	25 TOMATO JUICE SALISBURY STEAK W/ GRAVY MASHED POTATOES CORN WHOLE WHEAT BREAD PEACH/APPLE CRISP (COLD) 1% MILK	26 PINEAPPLE JUICE CHICKEN STEW W/ PEAS& CARROTS WHITE RICE CORN MUFFIN PEACH PARFAIT 1% MILK	27 FRUIT AMBROSIA BEEF BURGUNDY BUTTERED NOODLES CARROTS MANDARIN ORANGES MULTIGRAIN ROLL 1% MILK	28 BAKED POTATO BAR TOSSED SALAD W/DRESSING CHILI CON CARNE BACON BITS & BROCCOLI SHREDDED CHEDDAR CHEESE CHOPPED TOMATO SOUR CREAM APRICOTS 1% MILK
31 APPLE JUICE MEATLOAF W/ GRAVY WHEAT BREAD MASHED POTATOES GLAZED PEAS PEACHES 1% MILK	EACH MEAL COSTS THE FCDOA NUTRITION PROGRAM \$4.80, YOUR CONTRIBUTIONS PER MEAL HELPS MAKE MORE MEALS POSSIBLE. <h2>MENUS ARE SUBJECT TO CHANGE</h2> FOR ADDITIONAL INFORMATION OR TO MAKE A MEAL RESERVATION AT LEAST 48 HOURS IN ADVANCE, CONTACT THE MEAL MANAGER OR SENIOR CENTER COORDINATOR			